

DAFTAR PUSTAKA

- Abdoli, M., Nayak, O., Fadia, A., Rairikar, M., De Sousa, A., & Cotrufo, P. (2025). Body Image and Self-Esteem in Indian and Italian University Students: Cross-Cultural Insights for Psychiatric Well-Being. *Psychiatry International*, 6(2), 40. <https://doi.org/10.3390/psychiatryint6020040>
- Alwi, M. A., & Razak, A. (2022). Adaptasi Rosenberg's Self-Esteem di Indonesia. *In Seminar Nasional Hasil Penelitian 2022 "Membangun Negeri dengan Inovasi tiada Henti Melalui Penelitian dan Pengabdian kepada Masyarakat" LP2M-Universitas Negeri Makassar*. Universitas Negeri Makassar Press.
- Amalia, D., Andayani, T. R., & Anantanyu, S. (2023). Body mass index, body dissatisfaction, and social environment correlated to unhealthy dietary behaviors in adolescent girls. *Media Gizi Indonesia*, 18(2).
- Amelia, I. (2024). *Hubungan intensitas penggunaan media sosial TikTok dan social comparison terhadap self-esteem remaja di Madrasah Tsanawiyah Al Munawwaroh Pandan Mulyo Kabupaten Malang*.
- Apriliani & Soetjiningsih (2023). Physical Appearance Comparison dan Body Dissatisfaction Pada Wanita Pengguna Tiktok dan Instagram. *Psikoborneo: Jurnal Ilmiah Psikologi*, 11(4), 470-476. <http://dx.doi.org/10.30872/psikoborneo.v11i4>
- Ariana, H., Almuhtadi, I., Natania, N. J., Handayani, P. W., Bressan, S., & Larasati, P. D. (2024). Influence of TikTok on body satisfaction among Generation Z in Indonesia: Mixed Methods Approach. *JMIR Human Factors*, 11, e58371. <https://doi.org/10.2196/58371>
- Arthur, & Emily. (2010). *Kamus Psikologi*. Yogyakarta: Pustaka Pelajar.
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2024, 7 Februari). *APJII: Jumlah pengguna internet Indonesia tembus 221 juta orang*. Diperoleh dari <https://apjii.or.id/berita/d/apjii-jumlah-pengguna-internet-indonesia-tembus-221-juta-orang>
- Az Zahra, A.C., & Shanti, P. (2021). Body Image pada Remaja Laki-Laki: Sebuah Studi Literatur. *Seminar Internasional Psikologi, Prosiding Seminar*.
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Pustaka Pelajar.
- Barbierik, L., Bacikova-Sleskova, M., & Petrovova, V. (2023). The Role of Social Appearance Comparison in Body Dissatisfaction of Adolescent Boys and Girls. *Europe's Journal of Psychology*, 19(3), 244–258. <https://doi.org/10.5964/ejop.6443>

- Bonfanti, R. C., Melchiori, F., Teti, A., Albano, G., Raffard, S., Rodgers, R., & Lo Coco, G. (2025). The association between social comparison in social media, body image concerns and eating disorder symptoms: A systematic review and meta-analysis. *Body Image*, 52, 101841.
- Burns, R.B. (1993). *Konsep Diri (Teori, Pengukuran, Perkembangan dan Perilaku)*. Jakarta: Arcan.
- Cash, T. F., & Pruzinsky, T. (2002). *Body image: A handbook of theory, research, and clinical practice*. New York: The Guilford Press.
- Cash, T. F., & Smolak, L. (2011). *Body Image: A Handbook of Science, Practice, and Prevention (2nd ed)*. New York: The Guilford Press.
- Cast, A. D., & Burke, P. J. (2002). A Theory of Self-Esteem. *Social Forces*, 80(3), 1041–1068.
- Coopersmith, S. (1967). *The antecedents of self-esteem*. San Francisco: W.h. Freeman & Co.
- DataReportal & Kepios (We Are Social & Meltwater). (2023). *Digital 2023: Indonesia*.
- Deshmukh, V. R., & Oka, G. A. (2024). How do adolescents perceive body image and respond to body dissatisfaction? *International Journal of Adolescent Medicine and Health*, 36(5), 483–489. <https://doi.org/10.1515/ijamh-2024-0112>
- Eddleston, K. (2009). The effects of social comparisons on managerial career satisfaction and turnover intentions. *Career Development International*, 14(1), 87-110.
- Erikson, E. H. (1950). *Childhood and society*. Norton.
- Etikan, I. (2016). Comparison of Convenience Sampling and Purposive Sampling. *American Journal of Theoretical and Applied Statistics*, 5(1), 1. <https://doi.org/10.11648/j.ajtas.20160501.11>
- Fardouly, J., & Vartanian, L.R. (2016). Social Media and Body Image Concerns: Current Research and Future Directions. *Current Opinion in Psychology*, 9, 1-5. <https://doi.org/10.1016/j.copsyc.2015.09.005>
- Fatimah, Siti & Oktaviana, Rina, (2023). Hubungan Self Esteem Dan Body Image Pada Remaja Di Tanjung Barangan Kota Palembang. *Jurnal Mandalika*, 1(2), 485-498.
- Festinger, L. (1954). A theory of social comparison processes. *SAGE*, 7(2), 117–140.

- Fitriani, A., & Purnomo, J. T. (2023). Body Image pada Remaja Putri yang Menggunakan Media Sosial TikTok. *Proyeksi: Jurnal Psikologi*, 18(2), 213-225.
- Ghozali, I. (2021). *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 26 IBM"SPSS" Statistics (10th ed)*. Universitas Diponegoro.
- Ghufron, M.N., & Risnawita S, R. (2010). *Teori- Teori Psikologi*. Yogyakarta: Ar-Ruzz Media.
- Guimond, S. (2006). *Social comparison and social psychology: Understanding Cognition, Intergroup Relations, and Culture*. Cambridge UK: Cambridge University Press.
- Guyer, J., & Vaughan-Johnston, T. (2018). Upward and downward social comparisons: A brief historical overview. *Encyclopedia of Personality and Individual Differences*, 1-5. https://doi.org/10.1007/978-3-319-28099-8_1912-1
- Hasbi, A. Z., Damayanti, R., Hermina, D., & Hilmi, M. (2023). Penelitian Korelasional (Metodologi Penelitian Pendidikan). *Jurnal Agama, Sosial, Dan Budaya*, 2(6). <https://publisherqu.com/index.php/Al-Furqan>
- Hidayati, N.O., Nurhalimah, H., Suhendar, I., & Nurhidayah, I. (2021). Description of Body Image Among Teenagers. *Journal of Maternity Care and Reproductive Health*, 4(2), 104-113.
- Honingman, R., & David, J.C. (2007). *Living With Your Looks*. Victoria: University of Western Australia Press.
- Jiménez-García, A.M., Arias, N., Hontanaya, E.P., Sanz, A., & García-Velasco, O. (2025). Impact of body-positive social media content on body image perception. *Journal of Eating Disorders*, 13(153). <https://doi.org/10.1186/s40337-025-01286-y>
- Jones, D.C. (2001). Social comparison and body image: Attractiveness comparisons to models and peers among adolescent girls and boys. *Sex roles*, 45(9), 645-664.
- Kharisma, A., Mukti, P., & Nugroho, Y. J. D. (2024). Body image dan social comparison di era Instagram: Studi korelasi pada emerging adulthood. *Jurnal Psikohumanika*, 16(2), 200–209.
- Kim, Y. M. (2024). Mirror, mirror on the wall: The role of self-esteem and attachments in early adolescent body-esteem. *International Journal of Mental Health Promotion*, 26(12), 1017–1024.

- Liu, C., & Tang, N. (2024). The correlation between body image and self-esteem in adolescent. *Interdisciplinary Humanities and Communication Studies*, 2(8).
- Machali, I. (2021). *METODE PENELITIAN KUANTITATIF: Panduan Praktis Merencanakan, Melaksanakan dan Analisis dalam Penelitian Kuantitatif*. Fakultas Ilmu Tarbiyah dan Keguruan: Universitas Islam Negeri (UIN) Sunan Kalijaga Yogyakarta.
- Nariswari, S. D., & Satiningsih. (2023). Perbedaan body image ditinjau dari jenis kelamin pada fase perkembangan remaja awal. *Jurnal Penelitian Psikologi*, 10(02), 364–374.
- Nouvan. (2025). Indonesia Jadi Negara Pengguna Tiktok Terbanyak Di Dunia. [Indonesia Jadi Negara Pengguna TikTok Terbanyak di Dunia 2025 – Dataloka.i](https://www.dataloka.id/indonesia-jadi-negara-pengguna-tiktok-terbanyak-di-dunia-2025)
- Nuralifa, S. I. P., Rachman, A., & Arsyad, M. (2022). Pengaruh body image terhadap self-esteem pada siswa di SMP Negeri 27 Banjarmasin. *Jurnal Bimbingan dan Konseling Ar-Rahman*, 8(2). <https://doi.org/10.31602/jbkr.v8i2.8989>
- Rahma, A.S., & Qodariah, S. (2022). Pengaruh Self-Esteem terhadap Body Image Remaja Akhir Putri Pengguna TikTok. *Bandung Conference Series: Psychology Science*, 2(2), 221-228.
- Rahma, A., Linda, O., Hamal, D.K. (2024). Faktor-Faktor yang Berhubungan dengan Status Gizi pada Remaja di SMP Negeri 262 Jakarta Timur Tahun 2024. *SEHATMAS (Jurnal Ilmiah Kesehatan Masyarakat*, 3(3), 549-563. DOI: 10.55123/sehatmas.v3i3.3974
- Rahmalia, M.N., & Laili, L. (2025). The intensity of using TikTok social media as a mediator of self-esteem and body image in adolescents. *Jurnal Ilmiah Psikologi Terapan*, 13(1), 54–60. <https://doi.org/10.22219/jipt.v13i1.36002>
- Rahman, M. A., Arifah, S., & Suminar, I. T. (2026). Citra tubuh dengan kepercayaan diri pada siswa kelas VIII. *JOURNAL OF Qualitative Health Research & Case Studies Reports*, 6(5), 1247–1255. <https://doi.org/10.56922/quilt.v6i5.2826>
- Rosenberg, M. (1965). *Society and The Adolescent Self-Image*. United States of America: Princenton University Press.
- Sahir, S. H. (2021). *Metodologi Penelitian*. PENERBIT KBM INDONESIA.
- Santika, E.F. (2023). *Kelompok anak muda jadi pengguna terbesar TikTok, usia berapa mereka?* Databoks, Katadata Media Network. <https://databoks.katadata.co.id/media/statistik/3997760dd2e3fd3/kelompok-anak-muda-jadi-pengguna-terbesar-tiktok-usia-berapa-mereka>

- Santrock. J.W. (2007). *Psikologi Pendidikan*. Edisi kedua. (Alih bahasa: Tri Wibowo). Jakarta: Prenada Media Group.
- Santrock. J.W. (2011). *Life-Span Development (13th Ed)*. New York: Mcgraw-Hill.
- Santrock, J. W. (2019). *Life-span development (17th ed.)*. McGraw-Hill Education.
- Sari, I. A. W. P., & Suarya, L. M. K. S. (2018). Hubungan antara *social comparison* dan harga diri terhadap citra tubuh pada remaja perempuan. *Jurnal Psikologi Udayana*, Edisi Khusus Psikologi Positif, 40–52.
- Schaefer, L. M., & Thompson, J. K. (2014). The Development and Validation of The Physical Appearance Comparison Scale-Revised (PACS-R). *Eating Behaviors*, 15(2), 209–217.
- Seawell, A.H., & Burg, S.D. (2005). Body Image and Sexuality in Women with and without Systemic Lupus Erythematosus. *Sex Roles*, 5(11/12), 865- 876.
- Selvia, & Kurniawan, R. (2025). Perbedaan *social comparison* pengguna media sosial berdasarkan jenis kelamin dan tahap perkembangan. *CAUSALITA: Journal of Psychology*, 3(2), 271–276
- Sembiring, L.T., & Rosito, A. C. (2023). Hubungan Social Comparison dengan Body Image pada Remaja Akhir Putri Kota Medan. *Journal Of Social Science Research*, 3(4), 880–891.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif, Dan R&D*. ALFABETA
- Sugiyono. (2023). *Metode Penelitian Kuantitatif, Kualitatif, Dan R&D*. ALFABETA.
- Silvianingrum, S.A., & Setianingrum, M.E. (2025). Hubungan Self Esteem dengan Body Image Remaja Wanita Pengguna Aplikasi Tiktok. *YUME: Journal of Management*, 8(1), 1537-1551.
- Thompson, J.K. (2000). *Body Image, Eating Disorder, and Obesity an Integrative Guide for Asesment and Treatment*. Washington: American Psychological Association.
- Valdés, Y. F., García-Rojas, A. D., Gómez, A. H., & del Rio Olvera, J. (2024). The influence of likes and sexist attitudes on adolescent self-esteem in social networks. *International Journal of Environmental Research and Public Health*, 21(12), 1647. <https://doi.org/10.3390/ijerph21121647>
- We Are Social. (2023). *The changing world of digital in 2023*. We Are Social.
- Wood, J. V. (1989). Theory and research concerning social comparisons of personal attributes. *Psychological Bulletin*, 106(2), 231–248.

Xiang, K., & Kong, F. (2024). Passive social networking sites use and disordered eating behaviors in adolescents: The roles of upward social comparison and body dissatisfaction and its sex differences. *Appetite*, 198, 107360. <https://doi.org/10.1016/j.appet.2024.107360>

